

### RE-CYCLING

#### WHY IT ALL STARTED

## TODDLER RULES

It's MY STUFF if I saw it first

The entire pile is MY STUFF if I am building something

The MORE STUFF that's MINE the Better

It's YOUR STUFF .... if it's broken



Yes, because we love stuff we must recycle. Do you remember all that? So many soft toys on the bed there was no room for you? Stacks of cars, trains, dolls, clothes, clothes and more clothes! And shopping! Mum and Dad brought home masses of paper and cardboard packaging, plastic bottles, cans and glass bottles - the list goes on. Then there is an unbelievable amount of electrical and electronic devices - TVs, mobile phones, X-boxes and fridges, washing machines, whole cars. The amount is mind-boggling.

Actually, metal glass and paper or cardboard are easy to re-cycle and most of it is. But there is still a big problem and that is plastic! For more great facts check the web site <http://www.recycle-more.co.uk/household-zone/top-facts>. One of my favourite facts is this: 6,288,502,000 (6.28 billion) household plastic bottles are not recycled. every year. Most



recycling is actually *down-cycling*. The quality gradually becomes downgraded. Tragically a lot of things that are hard to recycle finish up ruining the environment for people in third world countries. We will have to get better, much better and faster and cleverer at recycling



otherwise we will end up with a world full of rubbish and there will be no more toys.

If you need encouragement, if your life seems to be rubbish, there is hope. Did you know God has recycling plan for you and for the whole world? The difference is that His plan is up-cycling not down-cycling. It's a long story but you can leave your past life behind if you want to. This is great news for some people who know their life has gone wrong. Paul explains what Jesus has done: "Anyone who belongs to Christ is a new person. The past is forgotten, and everything is new.". Whatever your friends may say you can start again with a clean slate and all your mistakes forgotten by God.

And in time the whole earth will be made new. John wrote: "And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away" and "he that sat upon the throne said, Behold, I make all things new" That sounds like *new* to me - not just recycled.

## a different attitude

Young Carers Festival 2016 #YCF16



*We must spread the message about the hidden army of the world's most loving and caring and inspirational young people - the young carers.*

That was the message sent out at the incredible Young Carers' Festival, run by YMCA Fairthorne Manor in partnership with The Children's Society. In my experience the hidden army of Young Carers is very well hidden. So, because 'loving and caring and inspirational young people' don't seem to get that much of a mention in social media and I know that teenagers understand about loving and caring I thought I'd have a go at revealing the 'hidden army'. They do amazing and challenging and work that is worth a look for those who care enough.

The Young Carers Festival this year was attended by 1800 young carers so I thought it was a good place to start looking. Here are a few pics from the video of the festival (you can check it out here [youtu.be/u5krNJDmPyM](http://youtu.be/u5krNJDmPyM)). The picture above shows some of the kids at the June Young Carers Festival starting to build some friendships by



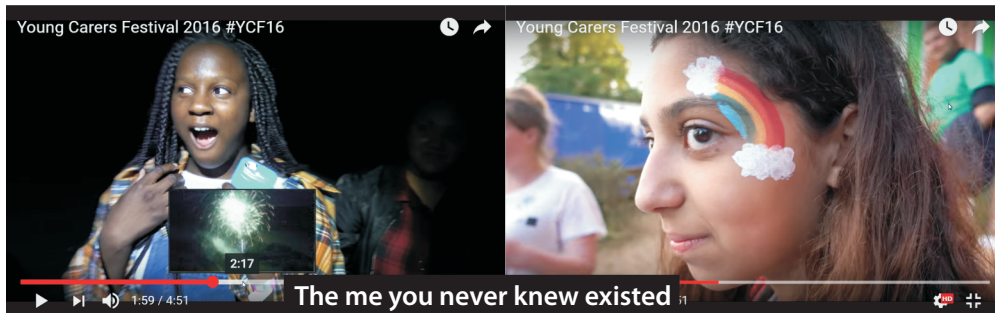
Let the games begin...

### a different attitude going a bit crazy together. As one carer said "It lets me in on the childhood I never had".

The festival had all the great Pop Festival things: stage music (great groups), fairground rides, park games, interactive party-style games plus an incredible feeling of being part of a hidden group of people who 'know what's it's like to care'. It's true, they are hidden because they are reluctant to tell anyone what they do. Maybe your school does have a Young Carer awareness programme in which case you are fortunate. Often carers don't want people to know that someone in their family needs care or they are embarrassed to show they care. Getting breakfast and shopping for your mum is uncool right?

#### Some comments overheard at the Festival

- 👉 It's actually a relief to know that there are a lot of young carers here and that I can talk to them.
- 👉 You need to care for other people but you also need to care for yourself.
- 👉 The first year I was really terrified because I had never been camping before but now I've got used to it I come back every year anyway.
- 👉 What we do isn't just like a job, or something that's just mugged onto us, it's something that we choose to do and we are proud to be carers.
- 👉 I like caring for people because I've had a lot of experience of troubles and bullying and I don't like to see people go through that hard time.
- 👉 I can make a difference in someone's life. When I first found out I was a young carer it was very isolating, it was scary, you had a label, then coming to a festival like this you realise you're not the only one.
- 👉 I didn't actually realise I was a young carer so I had to grow up pretty quickly and look after everyone in the family.
- 👉 A lot of them have totally opened up this new personality that we've never seen before because they've never had the chance to be a child like they have here because here you can run around 'till midnight - you can't do that when your parents are around.



#### Some more things overheard at the Festival

- 👉 I wish my mum to live a normal life and to get better.
- 👉 I wish my Gran to feel happy again.
- 👉 I wish my mum would be ok for ever and always.
- 👉 It lets me begin the childhood I never had.

### a different attitude

I was amazed to learn that children as young as 5 years old can be the one person giving care in their families and the number of carers between 10 years and 14 years old exceeds 60,000. Another thing that surprised me is that boys and girls are equally likely to be a young carer. Young carers are often unable to have very much social life outside of school time. In fact many find they have difficulty in mixing with other people and making friends.

It is often the case that Young Carers do not do so well at school or have such good career prospects, probably because they have given so much time to looking after a dependant person in their family.

If you are a carer yourself you can certainly feel proud of your choices. Nobody has the right say that passing exams or getting a lucrative career is more important than caring for someone in your family.

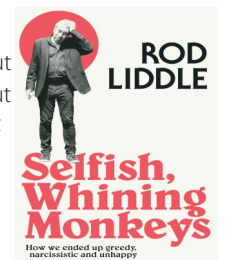
There was a pop song with the words "It's my life, I'll do what I want to do". How that turns out depends on your attitude. When you see someone who needs help with their homework, or maybe needs a



These kids are carers - how much do you care for your family?

friend or even is getting bullied, or looks tired when they arrive at school late. Don't go with the flow and ignore the situation, switch around and take a different attitude.

I have just read a book by Rod Liddle called **Selfish Whining Monkeys: How We Ended Up Greedy, Narcissistic and Unhappy**. I love that title! He was writing about his generation not yours. They grew up in the sixties and were the ones that fell out of love with Christianity and fell in love with themselves (Narcissism) and it did not work well and they still don't know why. You can be the ones that rediscover the best reasons to be unselfish, kind and forgiving and to take responsibility for what happens to others. The great kids at the Young Carers Festival showed me a fantastic example of being unselfish and caring for others. (🌸~)



#### Tye's story - caring for his younger brother

Tye has three siblings. His youngest brother has a form of Autism. This means his brother's behaviour can be unpredictable.

They share a bedroom, so if his brother gets up very early, it wakes Tye. He then makes his brother's breakfast and helps him to get ready - before doing the same for himself. This makes the whole family late for school at times.

Tye helps to care for his brother to give his parents a break and because his little brother demands it. Tye would like to see his friends more often, but he can't. Most nights he has to go home to help look-after his little brother.